Manuals+ — User Manuals Simplified.

concept2 PM5 Performance Monitor User Guide

QUICK START GUIDE
PERFORMANCE MONITOR (PM5)

PERFORMANCE MONITOR USE

IMPORTANT NOTE:
For additional information about Concept2, complete warranty details, or to register to receive product updates, please visit: **concept2.com/registration**
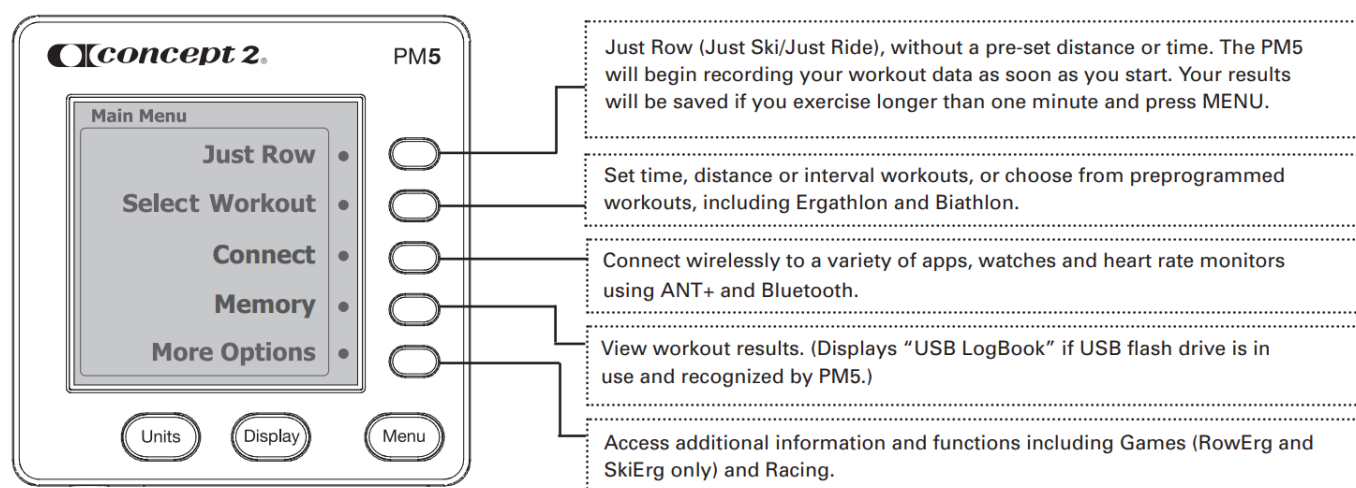
PERFORMANCE MONITOR (PM5)

The PM5 is included with all Concept2 RowErgs, SkiErgs, and bikes.

The operation and features of the PM5 are the same on all of these machines, though the displays and units will vary slightly depending on which machine you use.

The PM5 delivers reliable, comparable data for every workout and has Bluetooth and ANT+ wireless connectivity, allowing it to connect to heart rate belts, fitness devices, and apps, including our own ErgData app and free online logbook.

Just Row (Just Ski/Just Ride), without a pre-set distance or time. The PM5 will begin recording your workout data as soon as you start. Your results will be saved if you exercise longer than one minute and press MENU.

Set time, distance or interval workouts, or choose from preprogrammed workouts, including Ergathlon and Biathlon.

Connect wirelessly to a variety of apps, watches and heart rate monitors using ANT+ and Bluetooth.

View workout results. (Displays "USB LogBook" if USB flash drive is in use and recognized by PM5.)

Access additional information and functions including Games (RowErg and SkiErg only) and Racing.

RECORDING RESULTS, GETTING CONNECTED, AND STAYING MOTIVATED

Recording workout data lets you track progress and measure your results. The PM5 automatically saves your workout data.

Concept2 provides a free Online Logbook, where you can store all your data for easier tracking and analysis. The Online Logbook also lets you participate in Concept2's annual series of challenges and motivational programs.

Set up your free online logbook at concept2.com/logbook. Options for transferring workout results from the PM5 to your online logbook include:

• **RECOMMENDED:** Concept2's free ErgData app. Available for both iOS and Android, ErgData connects wirelessly to the PM5 via Bluetooth. It enables easy uploading of your results to your online logbook. It also provides additional performance statistics and displays options on your device during your workout and stores your results. concept2.com/ergdata.

• Concept2 Utility. Free software that enables you to use a USB cable or flash drive to transfer results from the PM5 to your Online Logbook. **concept2.com/usbflashdrive** and concept2.com/utility.

• Manual Entry. Enter your results to your online logbook manually at concept2.com/logbook.

Firmware

Firmware is the internal software that runs your Performance Monitor. Your PM5 comes preinstalled with the latest firmware, however, new and improved versions are offered regularly. Visit **concept2.com/pm5firmware** to update your PM5 using the free Concept2 Utility.

Visit **concept2.com** for more information.
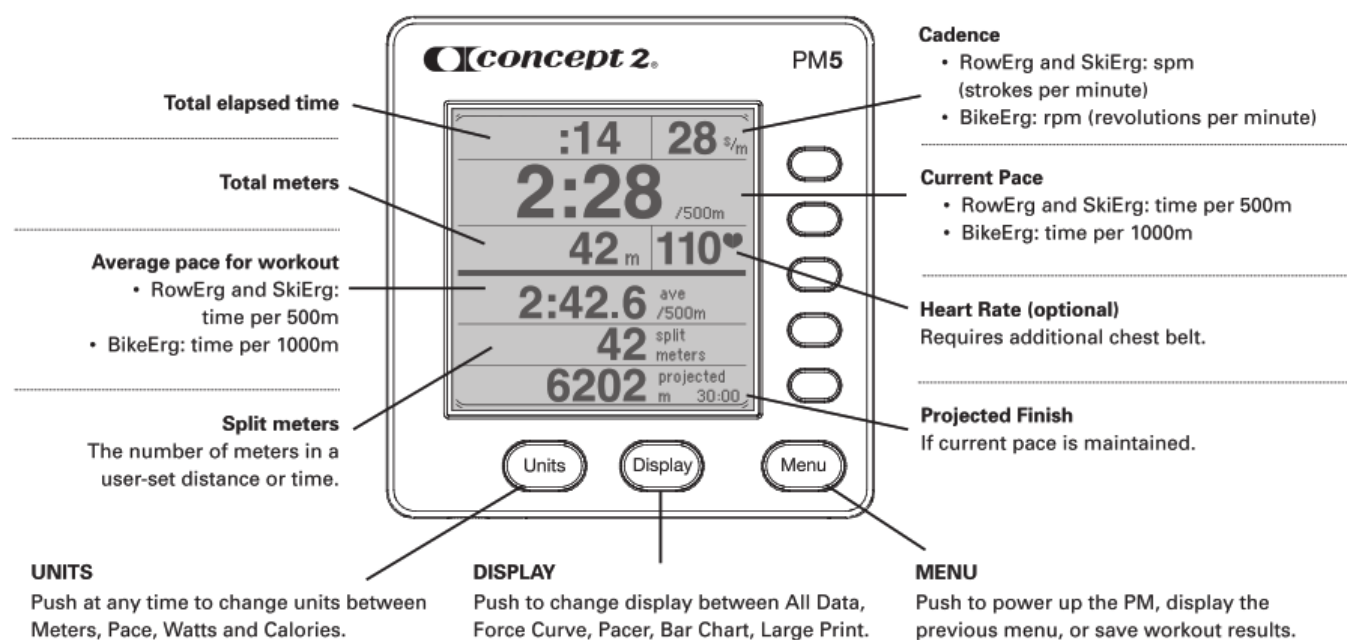
Calibration

BikeErg

The BikeErg will prompt you periodically to confirm the calibration, including whenever you program a distance that is part of our Online World Ranking. The process is simple and the PM5 will guide you through it. To confirm the calibration or start a full calibration at any other time, press More Options > Utilities > Calibration Utilities. After moving the BikeErg to a different location, confirm the calibration to ensure accurate results. RowErgs and SkiErg Calibration on RowErgs and the SkiErg have performed automatically during the recovery phase of each stroke. Additional calibration is not necessary.

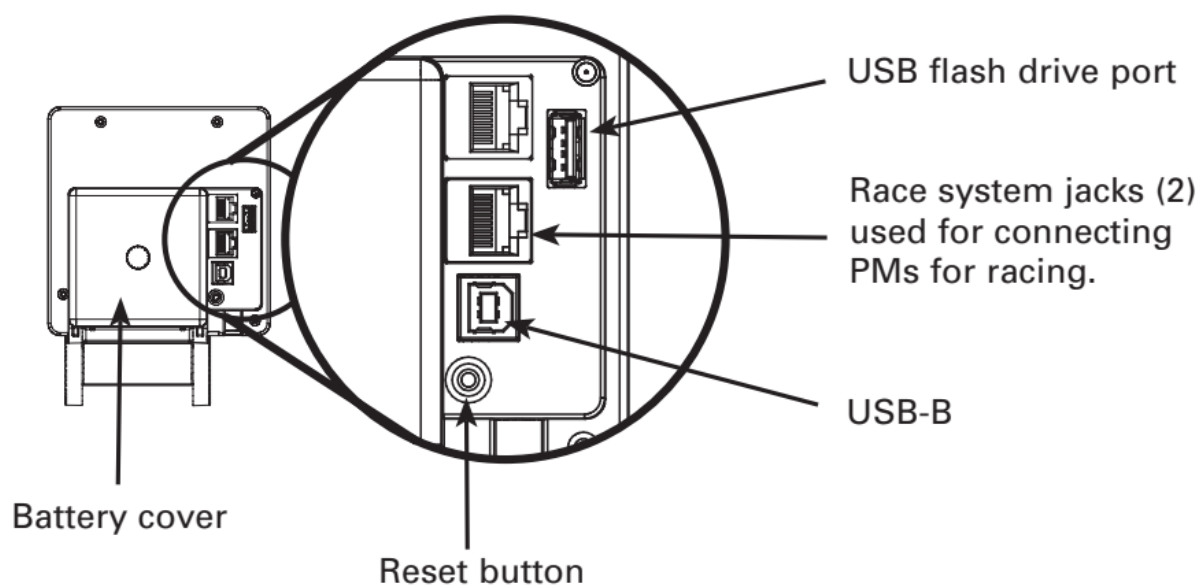**PM5 Menu Map** (Visit **concept2.com**/PM5 for more information.)

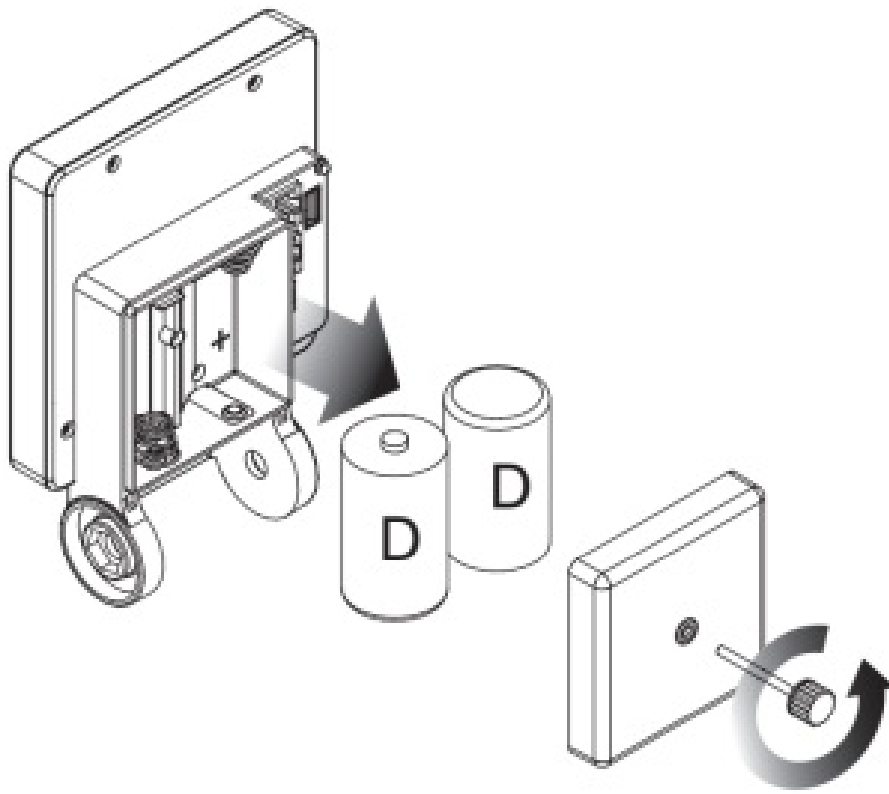**Sample Display** The displays will vary slightly depending on which machine you use.

Total elapsed time

Total meters

Average pace for workout
- RowErg and SkiErg: time per 500m
- BikeErg: time per 1000m

Split meters
The number of meters in a user-set distance or time.

Cadence
- RowErg and SkiErg: spm (strokes per minute)
- BikeErg: rpm (revolutions per minute)

Current Pace
- RowErg and SkiErg: time per 500m
- BikeErg: time per 1000m

Heart Rate (optional)
Requires additional chest belt.

Projected Finish
If current pace is maintained.

:14 28 s/m
2:28 /500m
42 m 110♥
2:42.6 ave /500m
42 split meters
6202 m projected 30:00

Units   Display   Menu

UNITS
Push at any time to change units between Meters, Pace, Watts and Calories.

DISPLAY
Push to change display between All Data, Force Curve, Pacer, Bar Chart, Large Print.

MENU
Push to power up the PM, display the previous menu, or save workout results.

PM5 Views
Back View of PM5

USB flash drive port

Race system jacks (2) used for connecting PMs for racing.

USB-B

Battery cover

Reset button
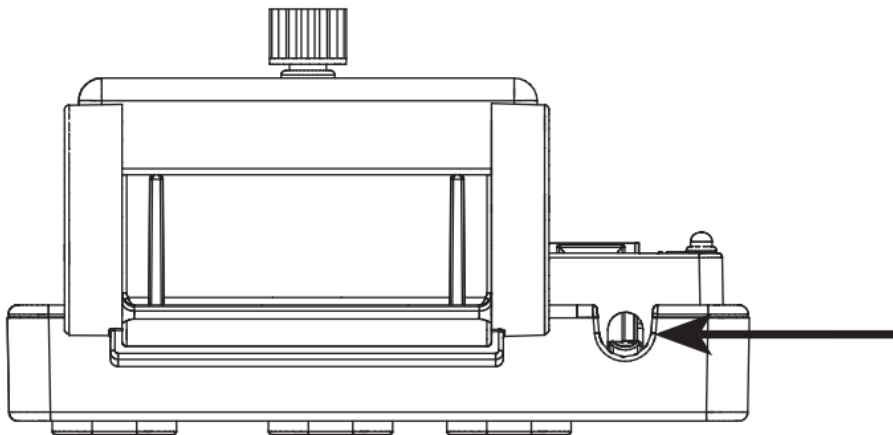
Use 1.5-volt alkaline D Cell (LR20) batteries. Do not use lithium or 3.6-volt batteries. Remove batteries when not in use for a period of four months or more.

Bottom View of PM5

Sensor cable to flywheel

More Information
Using a Heart Rate Monitor:
The PM5 will receive and display heart rate data directly from a Bluetooth, Suunto™, Garmin ® or ANT+™ HR chest belt. See More Options for set up.

⚠️**WARNING!** Heart rate monitoring systems may be inaccurate. Over-exercising may result in serious injury or death. If you feel faint, stop exercising immediately.

Cleaning the PM
Use a cloth lightly dampened with water

only. Do not spray with a cleaner or store outdoors.

Troubleshooting
Visit **concept2.com/pm5.**

R-NZ

Part Name	Toxic or Hazardous Substances and Elements					
PM5 Assembly	Lead (Pb)	Mercury (Hg)	Cadmium (Cd)	Hexavalent Chromium/ (Cr6)	Polybrominated Biphenyls/ (PBB)	Polybrominated Diphelnyl Ethers/ (PBDE)
Main PCA	0	0	0	0	0	0
LCD Display	X	0	0	0	0	0
Keypad	0	0	0	0	0	0
Battery Contact	0	0	0	0	0	0
Plastic Enclosure/ MOM-A	o	o	o	o	o	o
All Fasteners	o	0	o	0	o	o

0: Indicates that this toxic or hazardous substance contained in all of the homogeneous materials for this part is below the limit requirement in SNT11363-2006.

X: Indicates that this toxic or hazardous substance contained in at least one of the homogeneous materials used for this part is above the limit requirement in SJ/T11363-2006.
The cable assembly from the LCD display to the Main PCA is included in the Display PCA declaration.

As shown above, this device contains small amounts of lead. This lead is only present in glass or ceramic (other than dielectric ceramic in capacitors, e.g. piezoelectric devices), or in a glass or ceramic
FCC ID: J2MPM5
WARNING: Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the
equipment.
NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed
to provide reasonable protection against harmful interference in a residential installation. This equipment

generates, uses, and can radiate radio frequency energy and, if

not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference

will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the

equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

• Reorient or relocate the receiving antenna.

• Increase the separation between the equipment and receiver.

• Consult the dealer or an experienced radio/TV technician for help.

This device complies with Part 15 of the FCC. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this

device must accept any interference received, including interference that may cause undesired operation.

IC: 6620A-PM5

Industry Canada (IC) Compliance Statement

This device complies with Industry Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions:

(1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

matrix compound

The patent application U.S. serial number 11/169712 and its corresponding applications in other countries are owned by Suunto Oy (Finland)

The Concept2 PM5 is compliant with all applicable European Union CE Marking Directives, including:

• 2004/108/EC – Electromagnetic Compatibility (EMC)

• 1999/5/EC – Radio Equipment & Telecommunications Terminal Equipment (RTTE)

• 2011/65/EU – Restriction of Hazardous Substances in Electrical & Electronic Equipment (RoHS II)

Additional regulatory and compliance information may be found in the PM5 by pushing **More Options > Utilities > More Utilities > Regulatory.**
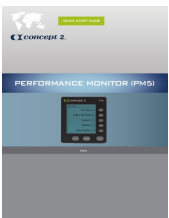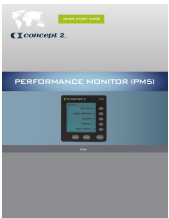
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References

- **[Home of the best-selling RowErg -SkiErg -BikeErg | United States](#)**
- **[ErgData - iOS and Android App - Concept2 Performance Monitor](#)**
- **[Concept2 Logbook](#)**
- **[PM5 Indoor Rower Performance Monitor | Concept2 Accessories](#)**
- **[PM5 Firmware Overview | Concept2](#)**
- **[Utility Software for Indoor Rowing- Free | Concept2](#)**

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